

# Getting Started

Thank you for taking part in the *Coping with Chemotherapy* program. The goal of the program is to help you learn skills to cope with the stress of chemotherapy. The materials to help you learn these skills are in this kit.

The kit includes:

- Videotape or DVD
- Audiotape or CD
- Booklet

To get the most out of this program, look at these materials before you start chemotherapy. It takes about one hour to go through all the materials. Try to find a quiet time when you can review everything all at once. If there is a family member or close friend you plan to rely on for support as you go through chemotherapy, have them look at the materials with you. Review the materials as follows.

- \* View the 15-minute videotape/DVD
- \* Read pages 1 – 5 of the booklet
- \* Listen to the 30-minute audiotape/CD
- \* Read pages 6 – 10 of the booklet

If you have comments or questions about *Coping with Chemotherapy*, please contact the person who gave you this kit.

